

ONE PAGE SUMMARY

Lifestyle & Hobbies > Mental Wellness > Self Care

Beginner lessons for Self Care

Unlock Your Best Self with Simple Self Care Practices

DEFINITION

Self care involves activities and practices that promote physical, mental, and emotional well-being. It's essential for maintaining balance and reducing stress in daily life.

KEY CONCEPTS

Physical Self Care

Engaging in activities that improve your physical health, like exercise and nutrition.

Emotional Self Care

Recognizing and managing your emotions through practices like journaling or talking to a friend.

Mental Self Care

Activities that stimulate your mind, such as reading, puzzles, or learning new skills.

Social Self Care

Building and maintaining healthy relationships with friends and family for support.

Spiritual Self Care

Practices that nurture your spirit, like meditation, mindfulness, or spending time in nature.

EXAMPLES

- Take a 30-minute walk daily to boost mood and energy.
- Write in a journal to express feelings and reflect on your day.
- Schedule a weekly coffee date with a friend for social connection.

MEMORY TIPS

- ★ Remember 'PEMSS' for Physical, Emotional, Mental, Social, and Spiritual self care.
- ★ Visualize a balanced scale representing different self care areas.
- ★ Use the phrase 'Nourish Your Whole Self' to recall the importance of all aspects.

COMMON MISTAKES

- ✗ Neglecting self care during busy times, leading to burnout.
- ✗ Focusing only on physical health and ignoring emotional or mental aspects.
- ✗ Not setting aside specific time for self care activities.

QUICK RECAP

Self care is vital for overall well-being and includes physical, emotional, mental, social, and spiritual practices. Regularly engaging in self care helps manage stress and fosters a healthier lifestyle.